

Speak Up When You're Down

Depression can affect women before, during or after pregnancy. If you or a loved one has feelings that are more than a mild case of the “blues”, there is help available - but you must speak up!

For more information call the 24-7 helpline or visit our web site:

Phone: **1-800-328-3838** Web site: **www.njspeakup.gov**



Signs of Depression

The period before, during and after a pregnancy can be a time of highs and lows for a woman and her family, but when are the lows something to be concerned about?

Signs can include:

- **Trouble sleeping, or sleeping too much**
- **Changes in appetite**
- **Feeling hopeless**
- **Crying uncontrollably**
- **Lack of interest in family and friends**
- **Feeling guilty or worthless**